



March 25, 2020 AD  
Solemn Feast of the Annunciation

Dear Legionaries of Mary,

Due to the exceptional circumstances affecting the entire world today, we are unable to come together as we do every year around the feast of the Annunciation of Our Lady for the always highly-anticipated *Acies* ceremony, during which we renew our consecration to Jesus through Mary. But this should not prevent us from coming together “virtually” as members of the Legion and engaging in the same Act of Consecration that we do every year. When I say “virtually,” I am not speaking so much about how technology can bring us together; rather, I am referring to our communion in Faith that unites us, even from our own homes, together in one common Act of Faith and Love towards our Blessed Mother.

Our *Regia* president, Br. Julian Mack, in consultation with me, has sent out an e-mail requesting that we all join together, each in our own home, this day (the solemn feast of the Annunciation) to recite the prayers of the Legion at 6:30 pm. This would include the Opening Prayers of the Tesserat, 5 Decades of the Holy Rosary, the Catena Legionis, and the Concluding Prayers. Before the Concluding Prayers, you are invited to renew your personal consecration to Jesus through Mary using the Act of Consecration of St. Louis Marie de Montfort (or at least the abbreviated form: “I am all thine, O Mary, my Queen and my Mother, and all that I have is thine.”) Since it is the Solemnity of the Annunciation, I propose that we all pray today the 5 Joyful Mysteries of the Holy Rosary, which, of course, begins with the Mystery of the Annunciation.

At 7:30 pm today, in my parish church of St. Catherine of Siena, I will recite in the presence of the Tabernacle, and the nearby statue of Our Lady, a communal Act of Consecration to Our Blessed Mother on behalf of the entire *Regia of Ottawa*. Although you will not be able to be present, Br. Julian and I invite you to pause for a brief moment at that time and unite yourselves spiritually to that Act of Consecration.

As you know, the sad situation in the world today has resulted in the mandatory closing of all parish churches to the faithful. However, I continue to offer daily the Holy Sacrifice of the Mass, in the sole company of the Angels and Saints of Heaven, and I will remember all of you in a special way on this solemn feast of the Annunciation as you

renew your Consecration individually and I renew our communal Consecration on behalf of the entire *Regia*.

I would like to encourage you to read as your Spiritual Reading (homework!) this day the following passage from the Legion Handbook: Chapter 39, Section 1: "Souls are not approached except with Mary." This section is long, but it contains a very beautiful meditation on the Mystery of the Annunciation and the importance of doing every action in the spirit of Our Lady's holy *FIAT*.

During these difficult times when you, the faithful, are deprived of the joys and consolations of assisting at public Masses and all public Sacraments, I would like to encourage you to stay strong in your Faith, especially through the daily recitation of the Legion Prayers and in particular the daily Rosary. I know that most, if not all, of you pray at least 5 decades of the Holy Rosary every day — and what blessings this must bring to your lives! But I would like to encourage you to try to pray daily the entire 15-decade Rosary, as proposed by St. Louis Marie de Montfort (If you wish to add the optional 5 Luminous Mysteries as well, you are free to do so). Many who have begun by praying one-third of the original Rosary daily, and have moved to the entire Rosary every day, attest to how many more graces they obtain by praying the full Rosary each and every day. They often do this by praying the Joyful Mysteries in the morning, the Sorrowful Mysteries during the day, and the Glorious Mysteries in the evening. If you think that this is impossible, or that you do not have enough time in the day to do this, I invite you to consider the advice that St. Louis Marie gives in *The Secret of the Rosary*:

I advise you to divide up your Rosary into three parts and to say each group of five decades at different times of the day. This is much better than saying the whole fifteen decades at once. If you cannot find the time to say five decades all together, say a decade here and a decade there; you will thus be able, in spite of your work and the calls upon your time, to complete the whole Rosary before going to bed.

Besides the Holy Rosary, I encourage you to wear regularly the Brown Scapular. If you have not been enrolled in the Confraternity of Our Lady of Mt. Carmel (the Confraternity of the Brown Scapular), make sure to have a Priest enrol you so that you may obtain all the graces that Our Lady wants to give you through the wearing of her Scapular.

During this time when you are deprived of public Masses, our Archbishop highly recommends that you make frequent Acts of Spiritual Communion throughout the day, or at least once daily. An Act of Spiritual Communion can be very beneficial to our soul,

and, in fact, we can receive just as many graces through a fervent Act of Spiritual Communion as we would through an actual Sacramental Communion. There are many good Acts of Spiritual Communion, but one of the most famous is the one composed by St. Alphonsus Mary de Liguori:

My Jesus, I believe that Thou art present in the Most Blessed Sacrament. I love Thee above all things and I desire to receive Thee into my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. I embrace Thee as if Thou wert already there, and unite myself wholly to Thee. Never permit me to be separated from Thee. Amen.

So, my dear brother and sister Legionaries, though we are going through challenging times and you are not able to have access to Holy Mass, know that Our Lord has not abandoned you! Through the Holy Rosary and Scapular, through your daily prayers and devotions, through your reading of the Sacred Scriptures and good spiritual books, and also through frequent Acts of Spiritual Communion — and especially through your Marian consecration — Our Lord continues to shower you with abundant graces and blessings from Heaven.

Know that I am spiritually united to all of you at the Altar each day when I offer Holy Mass. If anything, this crisis should strengthen our love and desire for Jesus in the Most Blessed Sacrament, so that, when you are able to receive Him sacramentally once again, you would do so with a renewed fervour and zeal. In the meantime, I invite you to unite yourselves daily to those thousands of private Masses that are still being offered up every day around the world, albeit behind closed doors. We Priests continue to offer the Mass daily for the glory of God and for your spiritual benefit, and we never forget you at the Holy Altar.

I leave you with these two beautiful prayers taught by the Angel to the three children of Fatima before the apparitions of Our Lady took place:

Most Holy Trinity, Father, Son, and Holy Ghost, I adore Thee profoundly.  
I offer Thee the Most Precious Body, Blood, Soul, and Divinity  
of Jesus Christ, present in all the tabernacles of the world,  
in reparation for the outrages, sacrileges, and indifference  
by which He is offended. And through the infinite merit  
of His Most Sacred Heart, and the Immaculate Heart of Mary,  
I beg of Thee the conversion of poor sinners. Amen.

Most Holy Trinity, I adore Thee! My God, my God,  
I love Thee in the Most Blessed Sacrament!

With my prayers and priestly blessing,

In Jesus through Mary,

*Fr. H.P. Shroff*

Fr. Hezuk Shroff



*Ave Maria, gratia plena!*